

ABSTRACT

The current study focused the nature and severity of loss, coping strategies, social support, age and gender as the determinants of the psychological distress and PTSD in Earthquake Survivors in Pakistan. A purposive stratified sample of 128 survivors (50% men, 50% women) was drawn from Muzaferabad, Chehia Bandi, Pattika and surrounding areas. The sample was divided in four age groups, adolescents (16-19 years), early adults (20-25 years), adults (26-35 years), and middle to old age (36-above). The measures used in the study were peritraumatic distress scale and PTSD scale (subscales of DAPS), nature and severity of loss questionnaire (NSL), Brief COPE Inventory (BCI), Interpersonal Support Evaluation List (ISEL) and GHQ-28. All the measures used in this study were adapted in Urdu. The data were collected with the help of two NGOs, Muslim Hands International and Al-Mustafa Welfare Society, Muzaferabad. The results indicated that 95.31% of the sample fulfilled the clinical diagnostic criteria for psychological distress and 92.96% survivors for PTSD. The results also showed that family/personal loss was a significant determinant for the development of PTSD. The most frequently used coping strategy was emotional support and humor and active coping were the least used coping strategies among the survivors. Gender and age also proved significant determinants for PTSD. Moreover earthquake survivors in old age developed PTSD more than the survivors of other age groups. The findings of the current study could help the help givers to review their intervention plan for earthquake survivors by keeping in view their present mental state and needs.